

Good Health

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20 WINTER WEIGHT-LOSS secrets

Kate Ritchie
"Being a mother is the most amazing thing"

GOODBYE BACK PAIN
 How to banish it for good



Souper stars

KEEP THE COLD OUT WITH THE BEST SOUP BUYS THIS SEASON

There are plenty of gourmet soup choices at the supermarket just waiting to warm you up. You can choose from on-trend ingredients like kale, quinoa and coconut, plus classic combinations like chicken and vegetables. Discover this winter's latest ready-to-eat soups here...

**WHEN YOU WANT...
 Homemade Flavour**

Made with fresh ingredients, the gourmet soups in the chilled section of the supermarket tend to be full of flavour and closest to homemade in style. Check out these delicious picks:

- Pitango Free Range Chicken and Vegetable Soup**, per 300g serve. 306kJ; protein 5.7g; sat fat 0.3g; carbohydrate 10.2g; sodium 636mg. Made from organic ingredients.
- Maggie Beer Mushroom Soup**, per 250g serve. 925kJ; protein 2.7g; sat fat 9g;

More dough Kitchens

- Cherry Tomato & Smoked Paprika Soup**, per 250g serve. 432kJ; protein 2g; sat fat 2.3g; carbohydrate 14.2g; sodium 1200mg. With Spanish paprika to warm from within.

**More dough Kitchens
 Cherry Tomato & Smoked Paprika
 Soup, per 250g serve.
 432kJ; protein 2g; sat fat
 2.3g; carbohydrate 14.2g;
 sodium 1200mg.
 With Spanish paprika to
 warm from within.**

11kJ; protein 9.4g; sat fat 1g; carbohydrate 18.4g; fibre 2.1g; sodium 819mg. w-FODMAP -diet friendly and gluten free.

Campbell's Simply Soup Winter Vegetable, per 250g serve. 507kJ; protein 2.6g; sat fat 1.6g; carbohydrate 20.2g; fibre 2.5g; sodium 613mg. Classic combination in long-life pouch.

ne soup, take time to read the ingredient list and enjoy regularly contain the following ingredients:

vegetables in soup is equal to a serve. Seasonal winter vegetables include beetroot, broccoli, Brussels sprouts, pumpkin and squash.

SALT OR SODIUM
 Compare the salt content per 100g or 100ml in store-bought soups and go as low as you can - around 300mg sodium per 100ml or less is a good rule for daily choices. 0

Not all soups... so also check the...

VEGETABLES

up your five plus vegetables when you're...

as liquid - 75g of